



Sunday Best Chocolate Cake

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



91 kcal

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 0.7 cup canola oil
- 0.7 cup cocoa
- 2 eggs
- 2.7 cups flour all-purpose
- 1.5 cups granulated sugar
- 1 teaspoon salt

- 2 teaspoons vanilla
- 2 cups water boiling

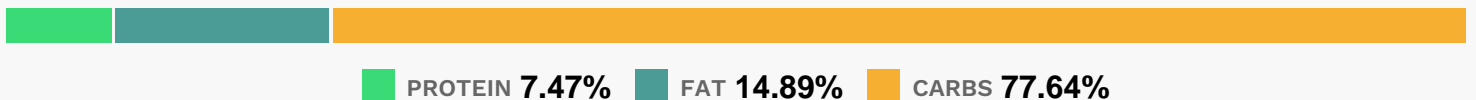
Equipment

- bowl
- oven
- cake form

Directions

- Preheat oven to 350 degrees F.
- In a large bowl, beat sugar, canola oil, eggs and vanilla for 4 minutes.
- Sift together flour, cocoa, baking powder, baking soda and salt.
- Add flour mixture alternately with boiling water to the sugar mixture. Beat well after each addition.
- Pour into an oiled and floured 9 x 13 inch cake pan.
- Bake 40 minutes, or until cake springs back to the touch.

Nutrition Facts



Properties

Glycemic Index:7.41, Glycemic Load:12.36, Inflammation Score:-1, Nutrition Score:2.6399999766246%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 91.13kcal (4.56%), Fat: 1.57g (2.42%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.5g (6.36%), Sugar: 9.46g (10.51%), Cholesterol: 10.23mg (3.41%), Sodium: 172.92mg (7.52%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.77g (3.55%), Manganese: 0.14mg (7.09%), Selenium: 4.69µg (6.7%), Vitamin B1: 0.08mg (5.62%), Folate: 20.93µg (5.23%), Iron: 0.81mg

(4.52%), Copper: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.14%), Fiber: 0.94g (3.78%), Phosphorus: 35.34mg (3.53%), Vitamin B3: 0.66mg (3.29%), Magnesium: 11.81mg (2.95%), Calcium: 20.7mg (2.07%), Zinc: 0.23mg (1.56%), Vitamin E: 0.2mg (1.33%), Potassium: 42.8mg (1.22%)